

How to get a better Night's Sleep

Tuesday, 18th October and 1st November, 2022

10:00am—12:00 noon



Do you need a better nights sleep? Come along to this information session on the dates above and find out how.

This 2 hour workshop provides women with tips and ideas on how to sleep better.

Please phone, **9831 2070** if you would like to book into this **FREE Face to Face** self care group.



Blacktown Women's and Girls' Health Centre +



North West Sydney Women's Domestic Violence Court Advocacy Service

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